



CAPT R C Vinci, Commanding Officer  
CAPT S R Peck, Executive Officer  
DT1(FMF) Cynthia Cain, Editor

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## 1st DenBn/NavDenCen Camp Pendleton



# Newsletter

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## Captains Corner

*CAPT R.C.Vinci, Commanding Officer*

Who would have thought that events of a few weeks ago would change our daily lives so dramatically. For many of us it's a wakeup call to take care of those odds and ends that need attention.

The easy things on our dashboard are "shots", wills, power's of attorney and seabags. We are in an organization that requires of us a commitment to go in harms way when called upon. When do we get "called upon?" That is the big question only a few people in high places may or may not know. But what do we know? Terrorists from several countries put together a fiendish plan to make a statement against the United States, for the most part it worked, though it appears not 100% successful. Their declaration of war upon us keeps us on alert. I believe the president said it best that as we find those responsible for this act our national policy will be to bring them to justice or bring justice to them. Since they work, live and train in very small groups a mass attack with I MEF and 4 or 5 Army Divisions seems ill

conceived at this point in time. Small forces/bases placed near borders where their training areas are located seems more like a short-term feasibility. Seal teams, delta force, and rangers I'll bet are class 1 dental so chances of long term dental support are probably not a high priority in these newly created bases. Short-term support may be one dental officer and two or three technicians. Over time we may rotate with Army, Fleet Hospital and FMF personnel. I have no crystal ball but have been around long enough to know the "rumor committee" can run rampant and cause much consternation. When action is taken against terrorists I'm sure we'll hear it on the evening news. You can bet the next morning that threat conditions will be increased at all base points of entry, allow more time. The best course of action is to always be ready. Continue to pray for the dead and missing and their families, our civilian leadership and our military. Don't fear the future, embrace it. Our willingness to serve and adhering to core values will give us the strength to carry out the orders necessary to defend the United States.

## XO's Corner

*CAPT S. R. Peck, Executive Officer*

The start of the new fiscal year brings several changes in benefits for military service personnel that

greatly enhance retirement savings opportunities for service members and life insurance benefits for family members.

The Military Thrift Savings Plan is a vehicle for saving for retirement that previously had been available only to federal civilian employees. The program, which is similar to a 401 (k) savings plan in the civilian sector, allows service members to contribute a set percentage of their monthly basic pay to the thrift savings plan. You can contribute as little as 1 percent or as much as 7 percent of your basic pay to the plan. As long as you participate in the monthly deduction plan, you also can contribute any amount of incentive pay or special pay, including bonus pay.

Your Thrift Savings Plan contributions are taken out of your pay before taxes are computed so you pay less tax now. In addition, TSP earnings are tax deferred. This means you don't pay federal (and, in most cases, state) income taxes on your contributions or earnings until you withdraw the money – usually at the retirement age of 65, when you enter a lower tax bracket.

To illustrate how this works, assume you earn \$30,000 a year and are in the 15 percent tax bracket. If you contribute 5 percent each month (or \$1,500 per year) to your TSP account, you will save \$225 in federal taxes ( $15\% \times \$1,500 = \$225$ ). If you are currently making monthly investments into a mutual fund, this is a great way to maximize your investment earnings. If you are not already investing for your future, this is a great reason to start.

You can diversify your TSP investment among five different investment funds: the Government Securities Investment (G) Fund, the Fixed Income Index Investment (F) Fund, the Common Stock Index Investment (C) Fund, the Small Capitalization Stock Index Investment (S) Fund, and the

International Stock Index Investment (I) Fund. You can easily change the amounts you allocate to the different funds at any time by using the TSP's Web site, calling the ThriftLine or mailing in a form.

This column is not meant to be an all-inclusive guide to the Thrift Savings Plan, but I am advocating that everyone investigate the plan fully. Previously, the only retirement plan available to military personnel required a 20-year service commitment. The TSP allows all service members to contribute to a retirement plan that is yours to keep and can be transferred into a private company's 401 (k) retirement plan when you opt to leave the service. In addition, it will be possible to obtain from your TSP account a loan of up to \$50,000 – a general purpose loan or a loan for the purchase of your primary residence. Finally, participation in the TSP does not affect your ability to contribute to an IRA.

The TSP enrollment period runs from 9 Oct 2001 to 31 Jan 2002, for persons who entered military service on or before 8 Dec 2001. Persons who join the service after 8 Dec will have 60 days after entering the service to enroll in the TSP. Military members can enroll in TSP by completing a TSP election form and submitting it through their local PSD or Group Navy Office. Service members can download enrollment forms and obtain other information from the TSP Web site at <http://www.tsp.gov>. People who enroll during this period will see TSP contributions deducted from their pay starting in January 2002.

The second improvement in military benefits begins 1 Nov with changes to the Servicemembers' Group Life Insurance (SGLI) program. Beginning next month, spouses automatically will be eligible for up to \$100,000 of term life insurance coverage, or the amount of the service member's SGLI. A member may elect to insure his or

her spouse for amounts less than \$100,000, in increments of \$10,000. Premium costs range from \$9 per month for \$100,000 of coverage for those under 35 years old to \$55 per month for those 55 and older.

As part of the family insurance plan, children will receive \$10,000 in life insurance coverage at no cost to the service member.

Please note that coverage for spouses and children is automatic. If you do not want insurance coverage for your spouse, you must elect in writing not to insure him or her or to reduce the amount of coverage to less than \$100,000.

Another great source of information for all Navy pay and compensation programs is the [www.StayNavy.navy.mil](http://www.StayNavy.navy.mil) web site.

## Navy Medicine Shifts Colors

For the first time in 20 years Navy Medicine has shifted colors. As of Friday the 28<sup>th</sup> September 2001 the mission of Navy medicine is illustrated with the signal flags of "Charlie-Papa". This simple coded message means "Steaming to Assist."

## Northern Stars



By: DT2(FMF) C. Meade

**Petty Officer William Sylvester** has been selected up for the next Basic Underwater Demolition School (BUDS) class. He will detach from 1st Dental Company at the end of October, and report to BUDS in November. We wish our shipmate good luck, and God Speed. His selection and willingness to accept this assignment, especially after

#### 1<sup>st</sup> DenBn/NDC

recent events there is very little doubt that he will be marching into harms way upon graduation.

**Petty Officer Meade** is challenging all "wanna be" leaders to come out and shape America's youth at the next Valley Forge Naval Sea Cadet Drill. Drills are held monthly, always on the second weekend of the month (except NOV/DEC will be the first weekend of the month). These are highly motivated teenagers who desire to either enlist, or receive a commission in the Navy or Marine Corps and they seek our guidance for affirmation. If you think you have nothing to offer, you are wrong, your time is needed to show your core values of HONOR, COURAGE, & COMMITMENT to the future leaders of this fine country.

**Farewell** to Ms. Carolina Mullen, from the School of Infantry, she is moving to Santa Barbara to support her husband as a Marine Corps recruiter.

**School of Infantry** completed another successful Prophy Course in September. Special thanks to Ms. Rivera and Ms. Hayes, RDH who as usual performed above and beyond their job description! Their willingness to patiently teach and mold the new prophy technicians is unmatched.

#### 13th DenCo, Yuma Det.

By: CDR S. Marinelli

Greetings from "The Hottest Little Clinic In Arizona". We have made it through the hottest part of the summer as the temperature is now hovering around 100 degrees during the day. MCAS Yuma is involved with WTI and pilots from all over the country have come here for about one month to practice combat scenarios out in the desert -- each one trying to achieve "TOP GUN" status. Here's what's new for the quarter.

Welcome to Yuma:

LT Carmen, reported from Naval Hospital, Great Lakes. He has a wife named Samantha, one 15-month old girl named Taylor and one on the way. We graciously welcome him aboard and look forward to a new member being on our team. NICE TO SEE YA!!

Departures:

DT3 Araneta, separating  
DT2 Orlowe, separating  
DT1 Prieto, (NSHS) Wichita Falls, TX

Our prayers go out to the leaders of this country and to all members of the military forces during this time of crisis in our nation's history. May God provide guidance and wisdom, and ultimately lead us to victory over worldwide terrorism.

Take care and God bless -- from Yuma.

#### October is Domestic Violence Awareness Month

By: DT1(FMF) Cain

The patterns of Power and Control

##### Do you feel any of the following;

1. Powerless over financial decisions and other important matters in your relationship?
2. Isolated from friends and family?
3. Afraid to say "no?"

##### Is your partner.....

1. Jealous and possessive?
2. Overly controlling?

Then this group is for you! A support and education group sponsored by the Intervention and Treatment Branch at Bldg. 1122, (the old library) on Thursdays, 1300-1430.

During this calendar year this command has experienced **5** domestic violence cases. This is exactly 5 too many. During the

month of October, Camp Pendleton will observe and spotlight this issue. Awareness of this issue is one of the strongest preventions available. To review some of the warning signs of a dangerous relationship visit the static displays on the 1<sup>st</sup> floor of the Naval Hospital. For more information contact Beth Goodman at 725-6282.



DT1 Ramos and DT1 Emata detach 1<sup>st</sup> Dental Company for the East Coast. Petty Officer Ramos accepted orders to the USS Trenton, Norfolk, VA and DT1 Emata is on his way to Oceana Naval Air Station, Virginia Beach, VA.

#### 23<sup>rd</sup> DenCO, Twenty-nine Palms

By: DT1(FMF) R. Meyers

DT3 Conner and DN Holcomb deployed to CAX 1 and 2 from 24 Sept to 16 Nov 01. During this period of time they are practicing field dentistry in a real desert environment. While the technicians remain in the field the entire time the doctors alternate in and out on 10-day rotations.

Congratulations to DTC Marroquin who was frocked on 13 September. He has accepted orders to 2<sup>nd</sup> FSSG, and will be transferring in December.

## September 2001

DTC Wulff retired quietly on 24 Aug 01. He is currently pursuing a position with the Arizona police Department. So look out Yuma!

We started our new Red Cross Class on 10 September 2001 and have nine volunteers participating. They are about 3 weeks into the program and have completed about ¼ of the required hours. They are great assets to the clinic.

Relief is in sight for a new company senior enlisted leader and we are awaiting the arrival of DTC Richard Shamp who is scheduled to report in Nov. 2001. Until then we've got the helm.



## BIRTHDAY WISHES

Happy Birthday to the following people for this quarter:

### July Birthdays

2<sup>nd</sup> LCDR Christopher  
2<sup>nd</sup> LCDR Jenkins  
2<sup>nd</sup> DN Stevens  
3<sup>rd</sup> DTC Walters  
3<sup>rd</sup> DN Cuevas  
3<sup>rd</sup> DA Greek  
3<sup>rd</sup> DT3 Delgado  
6<sup>th</sup> DT1 Emata  
6<sup>th</sup> LT Adcook  
6<sup>th</sup> LT Ellenbecker  
9<sup>th</sup> ENS Johnson  
9<sup>th</sup> DN Huante  
9<sup>th</sup> DT3 DeGuzman

10<sup>th</sup> DN Cladwell  
12<sup>th</sup> LTJG Kush  
14<sup>th</sup> DT3 Veazy  
14<sup>th</sup> DN Gonzales  
14<sup>th</sup> LT Abbott  
18<sup>th</sup> LCDR D. Williams  
20<sup>th</sup> DT2 Graham  
21<sup>st</sup> LT Graf  
21<sup>st</sup> DT3 Villarreal  
22<sup>nd</sup> DT2 Little  
22<sup>nd</sup> CDR Hickey  
23<sup>rd</sup> SH1 Chira  
24<sup>th</sup> Ms. Cobb  
25<sup>th</sup> DT2 Slaton  
25<sup>th</sup> DT1 Ramos  
25<sup>th</sup> DTCS Nolasco  
27<sup>th</sup> LT Manshadi  
28<sup>th</sup> DT3 Torres  
30<sup>th</sup> DT1 Horne  
30<sup>th</sup> DN Bressler  
30<sup>th</sup> Ms. Ewer

### August Birthdays

1<sup>st</sup> DTCS Tayag  
1<sup>st</sup> Ms. Sands  
1<sup>st</sup> DA A. Miller  
2<sup>nd</sup> CAPT Vinci  
2<sup>nd</sup> DN Curry  
3<sup>rd</sup> CAPT Peck  
5<sup>th</sup> DT3 K. Wilson  
5<sup>th</sup> DT3 Sunico  
8<sup>th</sup> GM2 Lee  
8<sup>th</sup> LT Baum  
8<sup>th</sup> Ms. Kulakowski  
12<sup>th</sup> LT Kim  
14<sup>th</sup> DN Angeles  
15<sup>th</sup> DTC Leano  
17<sup>th</sup> DN Bracelin  
17<sup>th</sup> DT1 Shover

18<sup>th</sup> DT3 Spangler  
18<sup>th</sup> DN E. Wilson  
18<sup>th</sup> DTC Amansec  
18<sup>th</sup> CDR Gearhardt  
19<sup>th</sup> LT Taylor  
21<sup>st</sup> CAPT Innes  
22<sup>nd</sup> DN Washington  
23<sup>rd</sup> MS. Genet  
25<sup>th</sup> DN Marsh  
25<sup>th</sup> DT3 Wyatt  
28<sup>th</sup> LT Crumpton  
31<sup>st</sup> DA Zuni

### September Birthdays

3<sup>rd</sup> Ms. Weimholt  
3<sup>rd</sup> DA Greek  
3<sup>rd</sup> DT3 Mann  
7<sup>th</sup> DT3 K. Jackson  
8<sup>th</sup> DA Tabalang  
8<sup>th</sup> DT3 Davis  
9<sup>th</sup> DN D. Smith  
11<sup>th</sup> DT3 Marciano  
12<sup>th</sup> DA Jesmond  
13<sup>th</sup> DN Sanabria  
13<sup>th</sup> LT Skeens  
15<sup>th</sup> DT1 Ramirez  
18<sup>th</sup> DT3 Premmer  
19<sup>th</sup> DT3 Garcia  
20<sup>th</sup> DT3 Hernandez  
22<sup>nd</sup> Ms. Cosme  
25<sup>th</sup> DT3 Sylvester  
26<sup>th</sup> DN Kelley  
26<sup>th</sup> DT3 Pringle  
26<sup>th</sup> DT2 Meade  
27<sup>th</sup> DT3 Flores  
27<sup>th</sup> CDR Hunt  
27<sup>th</sup> DTC Viray  
28<sup>th</sup> LCDR Tran  
30<sup>th</sup> LT Shafie  
30<sup>th</sup> DN Gooden



## **WELCOME ABOARD**

DT3 Gillett	2252
ENS Johnson	2252
DN Ellison	San Onofre
DT1 Santos	Lab
DT3 Maymaretich	13 ADC
CDR Dembinski	Las Pulgas
LT Skeens	13 ADC
LT Hutto	13 ADC

DN Noack	Las Pulgas
LT Cooper	San Mateo
LT Trinh	13 ADC
LT Hughes	13 ADC
LT Royzenblat	13 ADC
DN Johnson	13 ADC
DN Brown	Las Flores
DT3 Hauser	San Mateo
HMC Paranal	Las Pulgas
LT Rasmussen	Las Pulgas
DR Harvey	Las Pulgas
HMCS Alamares	Del Mar
DR Drase	13 ADC
LT Miner	13 ADC
LT Nguyen	13 ADC
LT Guerra	Chappo
LCDR Leal	Chappo
SK2 Patton	2621
DT3 McKinnie	San Onofre
DT1 Tanjuakio	San Onofre
DN Arindunque	13 ADC
DT3 Council	Las Flores
DA McLaughlin	Margarita
DT2 Graves	Del Mar

## **Command Career Counselor**

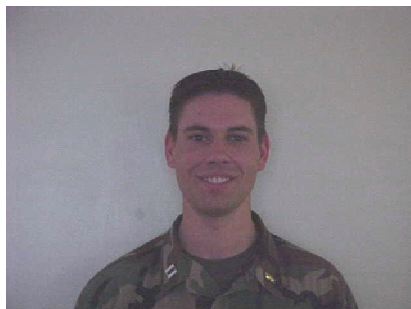
Don't forget you can now view your service record online - go to [www.bol.navy.mil](http://www.bol.navy.mil) and follow the instructions. You should review your service record before submitting any packages for advanced training or Commissioning programs. If you have any questions contact DT1 Horne at 763-1697.



1 October 2001, CAPT Vinci promotes Dr. Guerrero to LCDR .

## **What are your thoughts.....**

The recent attack on the world trade center has brought many changes to the comfort and security of the way we conduct our lives. Each of the following people were at different positions in their lives. Their lives are unique, but the thoughts parallel.



LT Stine, DC, USNR

On Active Duty since June 1999, LT Stine is engaged to be married in

August 2002. He has been TAD to MSSG 11 from Jan 01 to present.

**Q: WHERE WERE YOU WHEN YOU FIRST HEARD ABOUT THE ATTACK?**

A: "When I first heard about the attack I was on my way back to Camp Pendleton, and I wondered how this would affect those of us attached to the MSSG. "

**Q: IF ASKED, WOULD YOU DEPLOY AGAIN TO SUPPORT THE EFFORT TO ELIMINATE TERRORISM?**

A: "If they told me to I would go, but I know that there are other Dental Officers, and I have missed my family having been gone for 6 months."



DTC (FMF) L. Walters. Active Duty for 20 years 10 months, married with one 12 year old daughter.

**Q: WHERE WERE YOU WHEN YOU FIRST HEARD ABOUT THE ATTACK ON THE TRADE CENTER?**

A: "I was getting ready for work, when my husband called and tried to get my attention. I told him I was busy and he sternly told me, "No, you need to come here now!" When I came out to see what was so important, it was just as the second plane hit. Immediately I knew we were in trouble, and had a sick feeling in my stomach."

**Q: GIVEN THE AMOUNT OF TIME THAT YOU CURRENTLY HAVE IN THE MILITARY AND THE AGE OF YOUR DAUGHTER, DID YOU THINK "ITS TIME TO GET OUT?"**

## What are your thoughts.....(Con't)

A: That thought never entered my mind. It's not like I'd jump up and down and say, "Pick me, I want to deploy". But if I were told I had to go, I'd go in a heartbeat. Anyone who knows me, knows that my daughter is my life, and she's at the age when a mom is truly important. However, my husband is a wonderful father, and I know she'd be well cared for. Not to mention my extended church family who are extremely loving and caring. Megan and Phil would both be fine. Besides, I've been teased about being on Camp Pendleton too long, and have been told I need to do something different elsewhere. Well I think that deployment would certainly meet the criteria of something different.



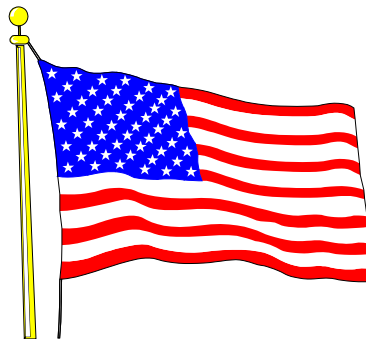
Joe Deleon, AIS, 1<sup>st</sup> DenBN/NDC

Q: RETIRED AS A MUSTANG FOR 6 YEARS, ARE YOU CONCERNED ABOUT A MASSIVE RECALL THAT WOULD DRAW BEYOND THE STRENGTH OF THE RESERVES AND REQUIRE THE ACTIVATION OF RETIRED PERSONNEL?

A: No, not at all. A massive recall that would require the activation of retired personnel will not worry me nor should it worry other retirees such as myself. Liberty means responsibility, responsibility which every American regardless of age, race, or background should take

seriously. Liberty is also a duty. And duty is "the most sublime word in the English language."

As John Stuart Mill's said: "War is an ugly thing but not the ugliest of things; the decayed and degraded state of moral and patriotic feelings which thinks that nothing is worth war is much worse. **A man who has nothing for which he is willing to fight, nothing which is more important than his own personal safety, is a miserable creature and has no chance of being free unless made and kept so by the exertions of BETTER men than himself.**"



## In case you have forgotten

With the rekindled interest in American Patriotism brought about by recent events there has been a wonderful outpouring in the displaying of our national flag. As with almost everything in the military there is a protocol for the proper displaying of the ensign. The following rules apply to the proper placement of the flag outside only.

Always hang the flag above any other flag on the same pole.

Other flags on separate poles – Hang all flags on equal poles. Hang the U.S. flag on its own right, hoist it first and lower is last.

On a Vehicle – Attach the flag to the antenna or clamp the flagstaff to the right fender. Do not lay the flag over the vehicle.

On a building – Hang the flag on a staff or on a rope over the sidewalk

with the stars away from the building.

Over the street – Hang the flag with the stars to the east on a north-south street or north on an east-west street.

In a window – Hang the flag vertically with the stars to the left of anyone looking at it from the street.

## 13th DenCo - Miramar

By: DTI Ramirez

13th Dental Company, MCAS Miramar has come up with new ways of keeping up with Third Marine Aircraft Wing's dental readiness. Dental support capabilities were provided for MEFEX - 01 field training. The Mobile Dental Van was used in the field to provide access for dental examinations for Marines who were unavailable to come into the clinic. In addition to booking check-up examinations at the dental clinic, one dental officer and two dental technicians are taking equipment from the Authorized Dental Allowance List to each major squadron and large units on the base. The Marines really like this idea and have conveyed their appreciation and gratitude.

As for our TEAM dentistry, it has proven to be an exiting and efficient way of delivering dental care. We have significantly reduced our Class 3s and the patients marvel at our ability to provide them available appointments in short order.

13th Dental Company welcomes DTCS Winheim who will serve as our Senior Enlisted Leader. After being in a temporary facility for a year now the dental staff is excited in anticipation of our move into the newly renovated clinic during the last week of October.